

FROM AMBITION TO ADDICTION

A LOOK AT

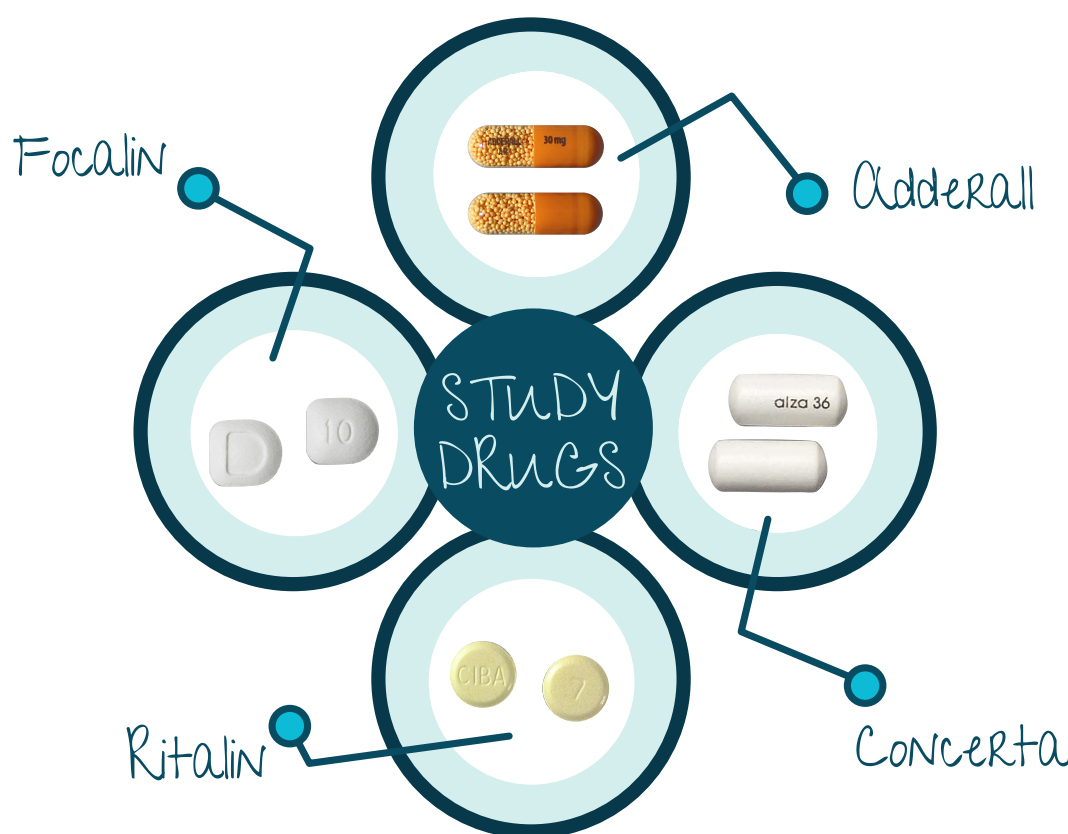
“STUDY DRUGS”

..... infographic



1. What Are “Study Drugs”?

“Study drugs” refer to prescription drugs that students use to increase stamina, focus, alertness, and concentration for purposes of helping to focus while “cramming” for an exam or writing a long paper. They are used by students without a prescription and not for their intended purpose.



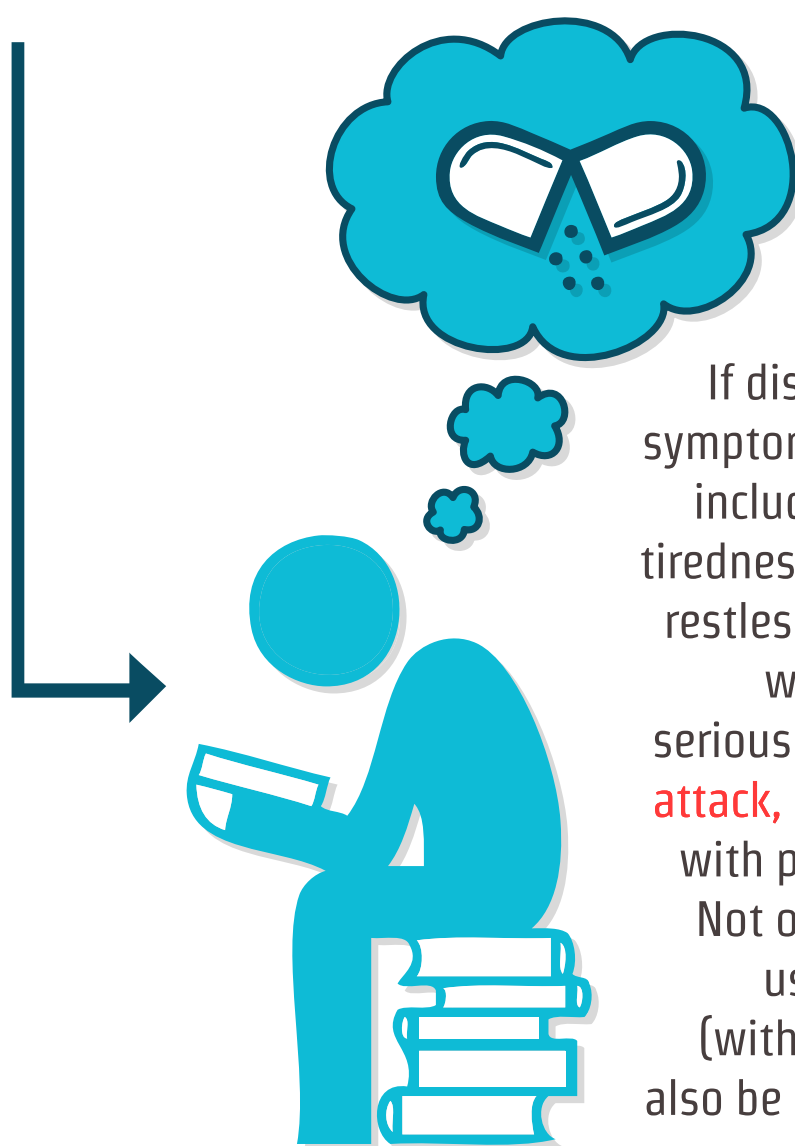
Many of these drugs are used to treat **Attention Deficit Disorder** (ADD) and **Attention Deficit Hyperactivity Disorder** (ADHD). People with ADHD are usually prescribed Adderall to help calm them down. However, for people who don't have ADHD, Adderall can trigger hyperactivity — which the students translate to hyper-productivity.

These drugs don't actually make kids smarter; they simply help to keep them alert and awake for long periods of time.



2. Dangers Of Study Drugs

Prescription stimulants like Ritalin and Adderall have the very real potential for both psychological and physical dependence. With continued use, a higher tolerance for the drug ensues, requiring larger doses to maintain the same effects.



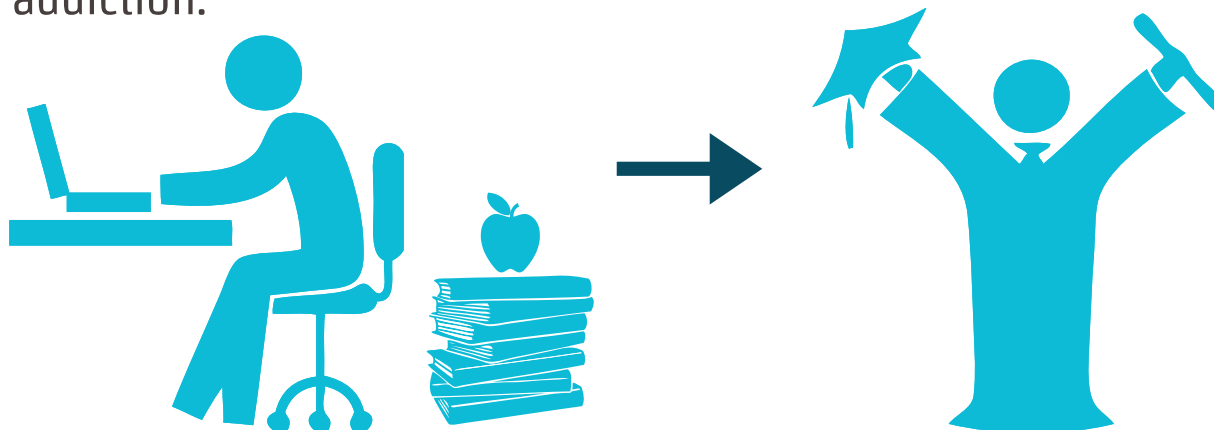
If discontinued, withdrawal symptoms develop, which may include depression, extreme tiredness, nightmares, anxiety, restlessness, and hunger. But what is worse is there is serious risk for **seizures, heart attack, stroke, and even death** with prescription stimulants. Not only that, students who use **study drugs** illegally (without a prescription) can also be subject to prosecution.

An estimated 60% of college students have reported misusing these drugs and 50% have reported it was easy to obtain prescription stimulants on campus.



3. Alternatives To Study Drugs

Some students feeling overwhelmed with school requirements, competition to get ahead, and/or peer pressure believe that **study drugs** are their only option for success. However, “there are alternatives to neuroenhancements available, including maintaining good sleep, nutrition, study habits and exercise regimens,” said William Graf, MD, Professor of Neurology at Yale University and a member of the American Academy of Neurology. Students need to understand that these **natural alternatives** to energy and focus are the way to go to avoid addiction.



The American Academy of Neurology is also warning physicians around the nation to halt prescribing ADHD medications to children without the condition just to give them an edge in their school coursework.

